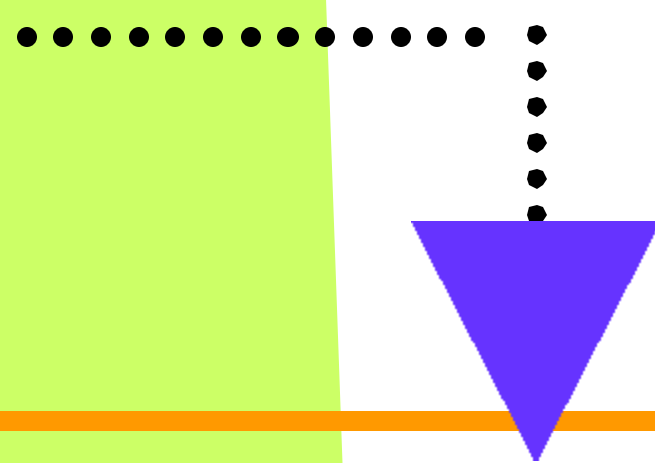
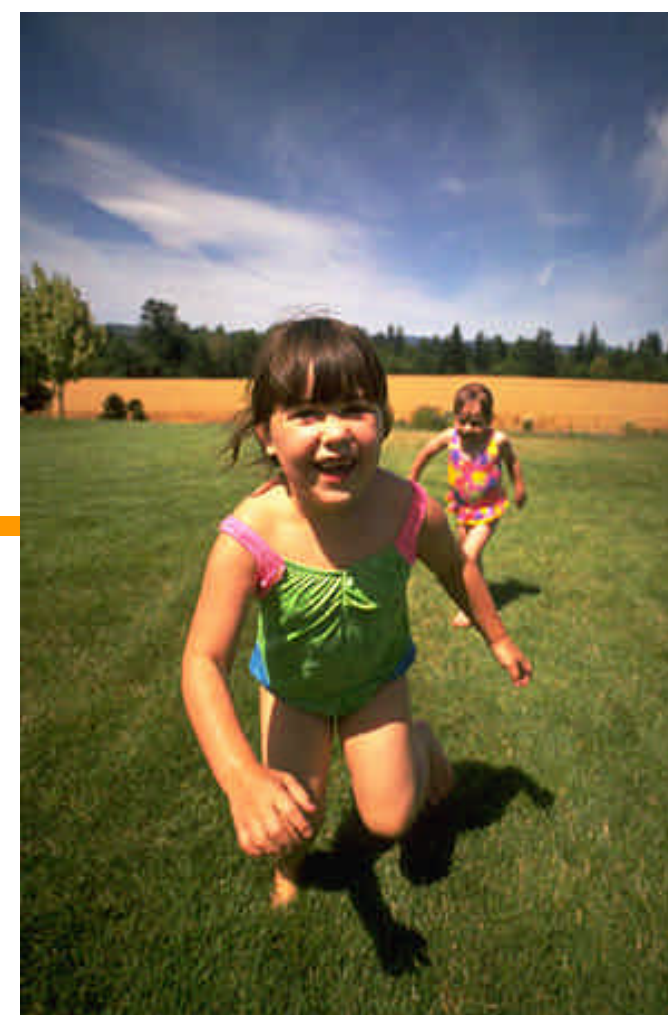


5 GOOD REASONS to get ACTIVE



1. Helps keep a healthy weight!



2. Strengthens bones!!



3. Relieves stress!!!

4. Makes you feel great!!!!

5. Its fun!!!!!!

Bright Ideas... walk...jog...bike... fly a kite...
go to the playground...rake the yard... jump
rope...play music and dance...do jumping jacks...
hula-hoop... walk the dog...play badminton...

...anything that gets you MOVING!



There is a link between watching television and being overweight so take a break from the TV and video games and GET MOVING!